

Your 2 Week Old



The First 2 Weeks is Hard Work!

- Take time to enjoy being a parent and notice the amazing things about your new baby
- You will start to understand her different cries for hunger, sleep and changing
- Talk to him– tell him about his family, his birth
- Notice her alert times and when she wants to play
- Practice Tummy Time – this helps with neck control. Try lying on your back with your baby on your chest looking at you



Normal Development

What to look for in the next 6 weeks!

Movement:

Movements gradually become smooth and more controlled

Lifts chin for a few seconds when lying on tummy

Cannot support head without assistance

Hearing and Vision:

May follow some moving objects or persons with eyes

Turns in direction of some sounds

Interactive Behaviors:

Cries when left alone; stops when picked up

Makes gurgling, cooing sounds

Responds positively to being held and comforted.

The Highlights!

- **Place your baby on their back to sleep**
- **Nothing in the crib** – no blankets, stuffed animals, pillows.
- Do not use regular soft bumpers. Use only breathable bumpers, if needed.
- **DO NOT** sleep with your baby in your bed. This greatly increases the risk of injury to your baby and SIDS (sudden infant death syndrome).
- Swaddling for sleep: Babies like to be swaddled until 8 weeks of age but **once they start to roll over or close to it, stop swaddling with arms in**
- Call for fever >100.4 (rectally)
- Call if increasing jaundice (yellow color of the skin), lethargy or poor feeding
- We strongly encourage the flu, COVID-19 and pertussis vaccines for close contacts including parents, siblings and caregivers.

Feeding:

- Breastfeeding every 2-3 hours OR Formula about 2-3 oz every 2-3 hours
- Vitamin D 400IU once daily every day until age 6 months for all babies

Some Helpful and Trusted Websites:

- [Healthychildren.org](https://www.healthychildren.org) (American Academy of Pediatrics)
- [Genesispediatrics.com](https://www.genesispediatrics.com) for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)

Next Visit
See you in 2-3 weeks
for the 1 month visit!

Safety:**Car seat:**

Make sure that your child is in the correct car seat (see car seat handout). Car seats must be rear facing in the back seat until at least 2 years of age. Is the car seat installed correctly? To have this checked call your local fire department.

Rolling: Make sure you are always holding onto your baby – don't leave them on a high surface alone!

Burns: Never carry your baby and hot liquids or food at the same time.

Consider taking an infant CPR class

Sleeping: Put your baby on their back to sleep. Never put your baby on a water bed, bean bag, pillow or anything soft enough to cover their face.

Siblings: Always watch siblings closely when they are with your new baby. Teach and show them how to be gentle.

Bath time safety:

Remember – Don't put your baby in the bathtub while the water is running. Check the water with your elbow. Move it back and forth in the water to look for hot spots. Then put your baby in the tub. Always stay with your baby while they are in the water. It only takes seconds for babies to drown or burn themselves. Reduce the hot water temperature in your home to 120F.

**For Parents:*****Don't smoke!***

- Smoking around your baby, smoking in the car that they ride in or holding your baby with the smell of smoke on your clothes is not healthy for your baby.
- This exposes them to toxins and can lead to **breathing problems, increase the risk of SIDS (sudden infant death syndrome) and ear infections.**

New York States Smoker's Quitline

Free and Confidential

Tobacco-Free Coaching

Free Nicotine Replacement Options

1-866-NY-QUITS (1-866-697-8487)

or www.nysmokefree.com

My baby's head looks flat!

You may notice:

- Baby prefers to look to the same side or head is tilted (ear towards shoulder) most of the time.
- This causes the back or the side of the head to have a flattened spot.

Prevention:

- Make sure baby's head is positioned straight when seated.
- **Alternate sides that the head is facing when eating or sleeping.**
- Provide tummy time each day when your baby is awake.
- The best success with treatment is quick action.

When to call:

- If the flattened spot or looking to only one side lasts longer than a few days.

Frequently Asked Questions...

1. How much crying is ok?

Crying is your infant's way of telling you many things: I need to be changed, fed, burped or held!
Crying also helps babies soothe themselves. Babies can't be "spoiled" at this age, so if holding her works, go ahead!
Starting at 2 weeks old babies have a fussy time in the evening that can last a few hours.

Done everything and it's still not working?

She may need less stimulation.
Try swaddling, turning the lights low, and putting her down somewhere quiet. She may cry for a while still but this may settle her faster than in your arms.



2. Why is my baby's eye watering?

Cause: Tears are not able to empty through the tear duct in the corner of your baby's eye because the tear duct is blocked. This may cause a small amount of eye discharge that doesn't go away. The blockage usually opens by itself within 9-12 months of age.

Treatment: Apply gentle pressure with your clean finger near the inner corner of your baby's eye next to the nose. Do this 5 times per session and about 3 sessions per day.

When to call:

- If white of the eye is red or swollen
- Lots of thick discharge/pus

3. How do I take care of my baby's skin?

Use a gentle or fragrance free soap and water to wash 1-2 times per week.

Sunscreen: Keep young infants out of the sun in a shady place. After baby is 6 months old you can use 30 SPF sunscreen or greater. Using sunscreen until age 18 prevents lifetime skin cancer risk by as much as 78%.

4. Peeling Skin?

At about 2 weeks old babies shed a layer of skin all over. Baby lotion is not needed at this time.

5. Baby Rashes?

Baby Acne: Red or white pimples on the face and chest come from Mom's hormones affecting baby. Wash skin with gentle cleanser and water. Avoid lotion.

When to call:

- If skin appears to be red and itchy

Cradle cap: Greasy crusts on scalp, sometimes on face and ears. Treat with baby oil to soften the crusts and then comb with a soft baby brush. Make sure to wash the oil off afterwards.

Diaper rash: The best cure is prevention! Keep the diaper area as dry as possible by changing diapers often at night and during the day. You can use any zinc oxide or petroleum based diaper ointment to protect the skin.

When to call:

- If red bumpy rash for more than 3 days as it could be a yeast rash.

Tummy Time!



TUMMY TIME Tummy Time is an important activity for your baby's development and is endorsed by the American Academy of Pediatrics (AAP). Because the AAP recommends that babies sleep on their backs for safety reasons, babies need enough supervised Tummy Time during the hours they are awake to strengthen head, neck, and upper body muscles. Tummy Time helps to build the strength and coordination needed for rolling over, crawling, reaching, and playing. Remember that all babies benefit from Tummy Time, including newborns.

Pediatric occupational therapy practitioners promote a child's development through activities such as Tummy Time, and they can help make Tummy Time a regular part of your daily routine. The following tips are from occupational therapy practitioners working with babies on Tummy Time.

If you want to:

Help your baby get used to Tummy Time.



Make Tummy Time part of your family's daily routine.



Consider these activity tips:

- Begin with short intervals, such as 2 to 3 minutes a day, and work up to at least 20 minutes per day. Daily Tummy Time can be done in short increments or all in one session, depending upon your baby's tolerance and needs.
- Try Tummy Time soon after your baby wakes up and is alert. When your baby is well rested, she may be able to tolerate this activity longer.
- Pay attention to signs that your baby is getting tired, such as crying or resting his face on the surface, and be sure to end Tummy Time before your baby becomes fatigued.
- Monitor the time of day, duration, and reaction to each Tummy Time experience to track your baby's progress.

Precautions:

- Consult with your healthcare provider before beginning a Tummy Time program.
- Make sure your baby is alert and awake before participating in this activity.
- Always supervise your baby during Tummy Time.
- Be sure to place your baby on a safe and firm surface during Tummy Time.

- Incorporate Tummy Time into the activities you're already doing with your baby, such as towel drying after bath time, changing diapers, or applying lotion.
- When burping your baby, try laying her across your lap on her tummy.
- It is never too early to begin to read to your baby, and Tummy Time is a great opportunity for story-telling.

If you want to:

Increase your baby's ability to reach and play.



Consider these activity tips:

- While your baby is playing on his belly, hold a toy in front of his face to get his attention. This will encourage your baby to lift his head and reach. Sit or lie down in front of your baby during Tummy Time for safety and supervision.
- During Tummy Time, arrange toys in a circle around your baby to promote reaching in many different directions.
- Use toys that are colorful or that make noises to increase your baby's interest.

Improve your bond with your baby and get the whole family to participate in Tummy Time.



Photo courtesy of Anne Zachry.

- Initiate eye contact and talk, coo, or sing to your baby while she is on her belly, because this will attract your baby's interest and motivate her to participate.
- Offer a variety of faces and voices of family members, which are appealing to your baby and will encourage her to lift her head, reach, and play.

Position your baby to enjoy Tummy Time.



Photo courtesy of Anne Zachry.

- Roll up a thin towel or blanket to make a bolster that will provide extra support during Tummy Time. Place the bolster under your baby's chest, and position his arms over the roll, with his hands stretching out in front of it. Your baby's chin should always be positioned in front of the bolster so that the airway is not blocked.
- Always supervise your baby during bolstering.
- Be sure your baby distributes his weight evenly on both sides of his body while on his tummy to strengthen muscles equally.
- Limit the time your baby is constrained in swings, exersaucers, and other baby gear, and encourage active play to strengthen his muscles through Tummy Time.

Engage your baby's senses.



Photo courtesy of Anne Zachry.

- Place a plastic mirror in front of your baby so she will be interested in lifting her head to look at her own reflection.
- Lay your baby on a colorful blanket or towel for visual interest.
- Use blankets or towels with different textures so your baby can experience different touch sensations (e.g., switching between a terry-cloth towel and a fleece blanket).
- Consider the surface upon which your baby is lying, such as carpet or tile. Alternate between different surfaces and note whether your baby's tolerance increases with particular sensations.

If you want to:

Consider these activity tips:

Consider alternatives to “typical” Tummy Time.



Photo courtesy of Christa Pumerantz.

Positions for Caregiver:

- A great way to carry out Tummy Time is to place your baby on your stomach or chest while you are awake and in a reclined position on a chair, bed, or floor. This is also a great way to begin Tummy Time with a newborn.

Positions for Baby:

- Side-lying is another positioning option. Position your baby on a blanket on his side, and support his back with your hand or use a small rolled up blanket. Make sure both of your baby's arms are in front of him, and slightly bend his hips and knees so your baby is comfortable. This position can also aid in reaching and playing.
- Carefully hold your baby in your arms on his belly, as if he is an “airplane.” Your baby may be so interested in this new perspective that he may not even realize he is on his belly.

Need More Information?

Pediatric occupational therapy practitioners promote the participation of all children and their families in everyday activities or occupations, including Tummy Time, to facilitate development. When there is a particular area of concern, the occupational therapy practitioner can create an individualized strategy based on the child and family-specific and needs.

Occupational therapy practitioners work with children in their homes, at school, in private practice, at children's hospitals, and in other community locations, providing interventions that are individualized, appropriate, and effective. Ask your pediatrician or school administrator for a recommendation, or look online to find an occupational therapist in your area.

You can find additional information through the American Occupational Therapy Association at www.aota.org.

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Occupational therapy is a skilled health, rehabilitation, and educational service that helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).

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